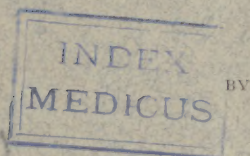


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IN COMBINATION WITH THE  
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## THE INCREASED EFFICACY OF MASSAGE, IN COMBINATION WITH THE ELECTRO- VAPOR BATH.

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THE employment of massage and the vapor bath, alone or in combination, is of ancient date. The addition of electricity to the combination is of more recent origin. Massage was practised by the Chinese more than 3000 years before the Christian era. It was a favorite procedure with the Greeks and Romans, being used after and in conjunction with the celebrated Roman baths, of which the modern so-called Turkish and Russian baths are but a feeble imitation. It was also used after the circus to restore suppleness to the joints, and dissipate wounds and contusions. Under the various names, *Lomi-Lomi*, *Toogi-Toogi*, *Mili*, or *Fota*, depending upon the locality where it is employed and the method of its application, it has been used by savage tribes in various parts of the world from time immemorial. And as for the vapor bath, there is probably no nation or tribe in the world which do not or have not employed it some time in their history in one form or another, so that it is difficult to say whether the more modern Russian and Turkish baths are in reality descended from the ancient baths of Greece and Rome, or have a more ancient origin in a common stock.



Massage is the popular therapeutic measure of the day, and rightly so. This is owing in part to its inherent merits, and in part to its successful use in the practice, hospital and private, of such men as Murrell, of London, Billroth, Esmarch, Mosengiel, Thiersch, Gussenbam, and Schmidt, in Germany and Austria ; and, in this country, by Drs. Weir Mitchell and Benjamin Lee. Massage itself being accepted as a valuable therapeutic agent, anything that increases its efficacy must be accepted as valuable also. Now I have been investigating the subject of the increased efficiency of massage in combination with the electro-vapor bath for some time, and I am satisfied that the combination is a valuable one. In the following article it is my purpose to give a description of the apparatus I employ for this treatment, my methods of procedure, and some of the diseases for which they may be used. I have given my opinion as the result of observations in my own practice, and in the practice of others who use the combination referred to. In future articles I will report cases treated, that the profession may judge more intelligently of the value of the treatment.

The electro-vapor bath that I employ consists of a metallic box, sufficiently large to comfortably admit the body of the patient, who sits therein with his feet in a hot foot-bath, which rests upon one electrode of a battery, while the stool upon which he is sitting has its copper seat connected with another electrode. Still another electrode, provided with a sponge, is placed in the patient's hand, and the lid is now closed, leaving his head projecting through an aperture provided for the purpose. A spray of hot water



is now made to play in front of him, generating a cloud of vapor of any required degree of heat, which completely envelops his body. The battery is now started, and future proceedings are as follows:

The patient is now told to apply the sponge electrode over the abdomen, and a form of abdominal electro-massage is resorted to that is very effectual in stimulating the peristaltic motion of the intestines. This consists in thorough and deep kneading of the abdomen in the direction of the ascending, transverse, and descending colon, with the electrode, applying the greater pressure over the regions of the cæcum and the sigmoid flexure of the rectum, for it is here that fecal accumulations are likely to occur. The result of this manipulation is often so immediate that I have known patients to be so affected by it that they could hardly wait until the bath was over before yielding to its influence; and cases of constipation of several days' standing have been effectually relieved by one such application. The electrode is also passed over the region of the stomach and liver, for the purpose of stimulating the functional activity of these organs. It is then applied to the patient's back by the operator, through an opening in the chamber provided for the purpose, and the spinal column, the kidneys, genito-urinary centre, etc., are treated. The electrode is finally applied for some time to the neck over the medulla, for the purpose of securing the good resulting from general faradization. The face and neck are now gone over with the hand of the operator used as an electrode, and various regions stimulated by the current.

During all this time the vapor has been gradually

growing hotter, and the patient is now in a profuse perspiration. The stimulating effect of the hot vapor is very apparent. The pulse is increased in frequency, the lips are full and rosy, the cheeks flushed, and the eyes bright; and the patient exclaims, "How delightful this is!" or, "What a luxury these baths are!" If only a moderate amount of heat is employed a sedative effect is produced, and the patient experiences a feeling of delicious repose and a desire to sleep.

Now, it is patent to any one versed in the physical and physiological facts concerning the use of electricity and the vapor bath, that the combination of two such powerful stimulants must exert a greater influence than the use of either alone. And if any one who desires to be convinced that a wet body is a better conductor of electricity than a dry one will apply a wet sponge electrode to his own body, reeking with perspiration in the hot vapors of a vapor bath, and at some other time try the same electrode, wet as before, to his body under ordinary circumstances, he will not need further argument to be convinced of the fact.

The spray is now cooled down to a temperature a little lower than that of the blood and applied over the body both front and back. Being connected with a hose, the spray is conveniently employed by the patient himself to the anterior aspects of the body, after which the operator, using a mechanism by which another spray is raised and lowered by a cord, thoroughly sprays the back in like manner.

The patient next dries himself partially with a towel and steps out of the bath, when he is immedi-

ately enveloped in a dry sheet, placed upon a couch, and covered lightly with a blanket or silk quilt. We will let him rest there fifteen or twenty minutes before applying massage, while we consider the various manipulations grouped under the term and the method of applying them.

Massage may be divided into general and local massage. The former is used for its general therapeutic effect, and the latter in the treatment of some local affection. Of course, the operator must now be guided in its application according to the circumstances of the case.

In applying general massage I employ the system recommended and so successfully carried out by Dr. S. Weir Mitchell. The first manipulation consists in what is known as *surface pinching*. Commencing at the feet, the operator firmly pinches up the skin, rolling it lightly between his fingers and going carefully over the whole foot. The second manipulation is *passive motion*: the toes are bent and moved about in every direction—backward and forward—each rotated on its axis. The third manipulation is *kneading*, alternated with *stroking*: with the thumbs and fingers the little muscles of the foot are kneaded and pinched more largely, and the intro-osseous groups worked at with the finger-tips between the bones; then the whole tissues of the foot are seized with both hands and somewhat firmly rolled about. This kneading and pinching is alternated with stroking. This is done with the palm of the hand or its radial border, the thumb being abducted, and the force employed varying from a gentle pressure to the heavy pressure made by reinforcing the operating hand by

the other laid on top of it. The situation determines the amount of force to be used. I employ more force above the ankle than on the foot. All the motions are centripetal, forcing the blood along the veins towards the heart, and having a like effect on the lymph in the lymph-vessels.

Next the ankles are treated to superficial pinching, kneading and stroking, in the same manner, all the crevices between the articulating bones being sought out and kneaded ; after which passive motion is resorted to, and the ankle-joint is put in every possible position. Next the leg is treated in like manner, first by superficial then by deeper pinching, stimulating the skin and areolar tissue. The larger muscles of the leg are then thoroughly kneaded, the muscles near the crest of the tibia being rolled under the fingers. Alternating with the pinching and kneading, I employ centripetal stroking, first gently, then with both hands, one reinforcing the other, guiding the amount of force used according to the sensations of the patient.

After manipulating the leg, the thigh is next subjected to the several processes described. In kneading the muscles of the thigh one hand seizes the muscles lying on the inner side of the limb, grasping momentarily, and while the hand is relaxing the other hand grasps the muscles on the outer aspect of the limb in a similar manner ; and this alternate action of the hands is continued until the surface is well covered.

After manipulating the thigh the abdomen is next treated. I have adopted the excellent system of Benjamin Lee for doing this. The patient, lying on



his back, with the trunk elevated and the feet drawn up, is directed to breathe quietly and regularly, and warned against antagonizing the treatment by voluntarily or involuntarily stiffening the abdominal muscles, and thus diminishing, or it may be even entirely preventing, its physiological action. Lee's method is composed of four distinct manipulations. If he has in view principally the stimulation of peristaltic movement of the intestines by reflex action, he makes use of the first and second; but, if he wishes to act mechanically upon the intestinal contents, he superadds to the second the third or the fourth, or even employs all three of them at once. The manipulations are as follows:

*First Manipulation.*—This consists in tracing circles around the umbilicus with the tips of the three long fingers of the right hand, the end of the thumb lying sideways upon the surface of the abdomen, and serving as a "*hypomochlion*" for the motion which is taking place through the joints of the fingers and the hand. To make the application more powerful, the circles are enlarged, and the pressure is made alternately heavier and lighter. The thumb, meanwhile, remains inactive. This manipulation is extremely irritating, nervous persons, women especially, often being unable to endure it. In that case the following manœuvre must be resorted to.

*Second Manipulation.*—The finger-tips now remain inactive, and the circles around the navel are described with the palm of the hand. To accomplish this the hand is extended as strongly as possible, so that it stands nearly at a right angle with the long axis of the forearm. The force is exerted principally by the

heels of the thumb and of the little finger. The fingers, slightly flexed, follow the movements of the hand without exercising the least pressure. This manœuvre is always well borne, and combines a certain amount of mechanical action with the reflex stimulation. However forcibly it is employed, it very rarely causes pain.

The two following manipulations aim especially at producing a mechanical effect upon the intestinal contents. They are, therefore, to be applied over those regions in which the forces are to remain longest, and where the intestinal walls are, therefore, most likely to become distended and their muscles be weakened—namely, the *cæcum* and the sigmoid flexure.

*Third Manipulation.*—In this the right hand is to be laid flat upon the right inguinal region, the tips of the fingers pointed downwards. The left hand must then make pressure upon the first phalanges of the right, and stroking be performed with both hands in this position, from below and within, upwards and outwards, following the course of the *cæcum*. In returning to the point of departure the hands pass down over the navel, making scarcely any pressure. The use of the left hand is not merely to enforce the right, but to prevent flexion of the fingers, and thus keep the entire hand closely applied to the surface throughout the entire stroke.

*Fourth Manipulation.*—This is similar to the preceding, except that it is applied over the opposite side of the abdomen, and the tips of the fingers are directed upward toward the sphere. The movement is, correspondingly, from above and without, downwards and

inwards, and the more we approach the lesser pelvis the more deeply do we endeavor to bury the phalanges in it. The patient, in receiving this manipulation, should be reclining with the body at an angle of  $45^{\circ}$ , and the knees semiflexed, while the operator kneels or sits close to the right side reaching across the abdomen. If the patient is in bed, the manipulator usually stands, being able then to exert the greatest amount of force and at the same time to call to his aid the weight of the upper part of the body.

After manipulating the abdomen the patient is then turned over on his face, and the operator treats the muscles of the buttocks and back, giving especial attention to the loins and spine. In manipulating the back I use the method recommended by Reilmayr. The muscles are rolled outward on each side of the spinal column with the ends of the fingers. The supra-spinous ligaments are treated by transverse to-and-fro movements. The ends of the fingers and part of their palmar surfaces are also placed on each side of the spinous processes, and the tissues situated between them and the transverse processes worked by up-and-down motions parallel to the spine, taking care to avoid the too frequent error of making pushing, jerking movements, in place of smooth, uniform motion in each direction.

When applying general massage I rarely manipulate the face and neck. In some cases, however, the arms are subjected to treatment. This depends upon the nature of the case and the duration of the *séance*. In manipulating the larger muscles of the body I employ, in addition to the motion described, the manœuvres known by the terms *vibration* and *percussion*.

Vibration constitutes one variety of kneading, and consists of a rapid agitation of the tissue with the hand; the movements should be made with great rapidity, "and the reflex, thermal and electrical effects are remarkable."

Percussion, or clapping, consists in striking or beating the part to be treated with the palms of the hands, with their ulnar borders, or with the tips of the fingers held closely together; or it may be done with the closed fists, or with the dorsal surfaces of the first two joints of the fingers. The movements should be light and from the wrist. After manipulating each joint I use active and passive motion of the same in every possible direction.

The limits of this article will not permit a description of the methods employed for performing local massage over affected regions. Suffice it at this time to say that it should always be commenced in the form of introductory massage, applied between the affected region and the heart, and that only after several days of this procedure should the affected region be encroached upon. Massage of the neck, too, should be described: use Hoffinger's method in most cases, but for children and for persons with long, slim necks Weiss' method is a good one.

*Massage of the Neck* (Hoffinger).—"The patient sits on a chair with a high seat, the head bent somewhat backwards, and the neck, throat, and upper part of the chest uncovered. The masseur stands behind the patient, places the fingers of both hands in the groove beneath the lower jaw, and strokes rapidly downwards and outwards with moderate and equable pressure, the thumbs being directed pos-



teriorly and not touching the surface, and the arms moving easily and lightly from the shoulders and the elbows."

*Weiss' Method.*—Weiss has suggested another form of cervical massage, especially adapted for children and persons with long, thin necks. "In the case of a child, it is placed in the nurse's lap, and the head held somewhat tilted backwards. The physician sits in front of the child, and having previously oiled his thumbs, joins the fingers of both hands and the cervical vertebræ. The thumbs thus reach forward to the larynx, and the neck is completely embraced. Downward stroking is now made with the thumb, at first slow and gentle, and gradually increasing in rapidity and severity. The thumbs pass from the border of the lower jaw downwards as far as the clavicles, now stroking the region of the common jugular vein, and now the lateral regions of the larynx. When the clavicles have been reached, the thumbs are again transferred to the lower border of the jaw without touching the neck."

Now for the *therapy* of general massage and the electro-vapor bath. We left the patient reclining on a couch, wrapped in a dry sheet and covered with a blanket or silk quilt. He may recline here from ten to twenty minutes. The time depends on circumstances. If the bath has been a protracted one, lasting twenty minutes to half an hour, the time should be shorter before the next procedure, provided the sweating continues after the bath. The point here is, don't allow your patient to sweat too long. It were better to cool the spray sufficiently to contract the capillaries, and thus prevent much cutaneous transpi-

ration after the bath. It is often just as well to limit this interim between the bath and the next procedure to five minutes.

After this preliminary rest the patient is instructed to wipe perfectly dry before massage is performed. A dry sheet should now be substituted for the wet one, and the *séance* begins. The time for this *séance* should be from fifteen minutes to half an hour. I calculate in most cases to use an hour, or an hour and a half at the most, for the whole treatment, including the bath and massage and that required for undressing.

The patient, reclining on a couch, or manipulating table, and the operator standing or sitting at his right side, is now ready for general massage. The manipulations should now be made as described, taking into account the condition of the patient, and going over the whole body, or parts of the body, as the case may require. It is well in most cases to pay especial attention to the abdomen, resorting to abdominal massage, and active and passive motions of the limbs calculated to strengthen the abdominal muscles; for nearly all the patients who will come to you are suffering with torpor of the digestive organs, and are greatly improved by abdominal massage.

If the case is one of neuralgia of the head, or one of the various forms of headache, do not forget massage of the neck.

The classes of cases in which good results may be expected from the massage and electro-vapor bath treatment are the following :

*Neurasthenia*.—Every physician is familiar with this class of cases. Dr. Douglass Graham, of Boston,

describes them as those "who, in spite of rest, change and medication, have become chronic neurasthenics, the result of business reverses, overwork, worry, loss of relatives, disappointed hopes, or as a sequel of angina affection that has existed in some part of the system, but which has recovered or has become of secondary importance." Dr. Weir Mitchell describes a division of this class as "nervous women who, as a rule, are thin and lack blood." He says also of this class of women: "Most of them have been such as had passed through many hands and been treated in turn for gastric, spinal or uterine trouble, but who remained at the end as at the beginning—invalids, unable to attend to the duties of life, and sources alike of discomfort to themselves and anxiety to others." Both Drs. Mitchell and Douglass use massage very successfully in these cases. Dr. Mitchell often adds to his treatment "a combination of entire rest and of excessive feeding, made possible by passive exercise obtained through the steady use of massage and electricity." This class of cases yields most excellent results when treated by the combination of massage with the electro-vapor bath. General massage should be employed; and when there is much neuralgia of the scalp massage of the neck will be found serviceable. It is no exaggeration to say that brilliant cures may be expected with this treatment. A course of baths and manipulation, lasting from six to ten weeks, should be recommended.

*Spinal Irritation.*—There is a class of cases described many years ago by Teale, of Leeds, now commonly known as spinal weakness. Patients suffering from this condition complain of an infinite variety of

perverted nervous sensations, which have their origin in the spinal cord. Among the symptoms are neuralgia, sometimes numbness, darting, prickling, tingling sensations, loss of muscular power, weakness, and inability of exertion, tremors, pain in the head, chest, or abdomen, nervous pains, and neuralgias of different kinds, shifting from place to place, inability to perform mental work ; nausea, vomiting, spasmodic cough, palpitation of the heart, pulsations at the pit of the stomach, throbbing temples, heats and flushing, and a tendency to faint, etc. "In these cases tenderness over the spine corresponding to the origin of the affected nerves is always a prominent symptom." Massage, with the electro-vapor baths, works wonders in their cure. Apply the electrode lightly over the tender spots, and, after a little while, greater pressure can be given with impunity ; and, finally, the tender spots disappear altogether.

*Paralysis.*—In infantile paralysis, in facial paralysis, in pseudo-hypertrophic paralysis, in writer's cramp, and in wasting palsy and allied conditions, the combination of massage and the electro-vapor bath will be found of great benefit. And there is reason to believe that locomotor ataxy is curable if this treatment is persisted in. Dr. Murrell says "there is reason to think that massage is of much value in the treatment of locomotor ataxy." As the efficacy of massage is increased by the electro-vapor bath, there is even more reason to expect good results from treatment. Iodide of mercury, one gramme, made into 120 pills, two or three times a day, is recommended in conjunction with the baths in treating these cases.

*Constipation.*—In speaking of massage in the treat-



ment of this troublesome complaint Dr. Murrell says, "it is certainly one of the most powerful therapeutic agents at our command." The electro-vapor bath alone will cure constipation. So immediate is its effects in some cases, that patients can hardly wait till the bath is over before yielding to the influence of abdominal manipulation with the sponge electrode. After the bath abdominal massage should be employed (Lee's method), and in obstinate cases percussion and vibration in addition thereto.

*Dyspepsia*.—Averbech says, "Disorders of the digestive apparatus, and especially constipation, constitute one of the most marked indications for the employment of massage. When there are no complications, but the symptoms are due to disordered secretion, one can always effect a cure in one or two months, or at the outside three or four." Abdominal massage, especially with the electro-vapor bath, is a powerful stimulant to both the stomach and liver, increasing their secretion, and thus aiding the digestion of food. And the digested food builds good blood and tissues in turn, resulting in an increase of vital energy and restoration to health.

*Corpulence*.—Though very obstinate when drugs are used to combat it, corpulence yields to massage. Dr. Murrell, the celebrated English authority, that I have already several times quoted, relates a case of a lady patient of his, aged thirty-eight, who, as the result of much good living and little exercise, had become inordinately stout. "She was very short of breath, and was disinclined for exertion of any kind. She had been fond of literary pursuits, but even those had lost their charm and were irksome to her. She

was extremely irritable, and a source of anxiety to her friends and relatives. Massage was prescribed, and in two months she lost more than twenty pounds in weight, and improved notably in other respects." Massage of the limbs should be employed, together with abdominal massage, to be used after the electro-vapor bath. The sponge electrode should be applied thoroughly over the colon by the patient when in the bath, using firm pressure, and kneading deeply when passing over the cæcum and sigmoid flexure.

*Rheumatism.*—Most excellent results attend the employment of massage, accompanied with the electro-vapor bath, in the treatment of this troublesome complaint. Massage alone has long enjoyed a high reputation, used in both articular and muscular rheumatism. Dr. Balfour relates the case of a French lady that illustrates well what may be expected from that treatment. When he first saw her "all her fingers were extremely weak, some of them swelled; others so exquisitely painful that she could not suffer them to be touched; she could not lift a wineglass with one hand, but she contrived to do it with both by turning their backs to each other. Both wrist-joints were stiff and painful, but the left could not be moved without the greatest suffering. Both elbow-joints were greatly affected; the left did not possess the natural range of flexion and extension. . . . She could not lift a hand to her head. . . . She had not walked a step for eight years." This case was completely restored to health in five months by massage. Even more brilliant results than this can be expected if the electro-vapor bath is used in connection with the massage.

*Lumbago.*—After the patient has taken the electro-vapor bath and a few minutes' rest, he is directed to wipe dry, and submit himself to the following procedure so successfully employed by Laisné: "The patient is made to lie on his face, a pillow being placed under the abdomen so that the muscles of the back are relaxed. The operator then places the tips of the fingers, slightly separated, a little below the seat of pain, and to the right of the spine; the fingers are then moved slowly upwards, pressing gently, and at the same time describing a series of small circles. When the seat of pain is passed, this is repeated in a similar way on the other side of the spinous processes. Should the pain be limited to one side, or be more severe on one side than the other, that should have the preference, but in most cases it will be found better to make the movements first on one side and then on the other. The pressure should be gradually increased as the pain decreases. After from twenty to twenty-five minutes working in this way, similar movements should be made with the ball of the thumb and little finger, the whole ending up with the application of a moderately tight bandage."

*Growing Pains.*—There is a class of rheumatic or neuralgic pains occurring in young people, and known by this name. They yield readily to the massage and electro-vapor bath treatment. People of a larger growth often suffer with vague, uneasy pains in the limbs, back or chest. One course of treatments is generally sufficient to cure them.

*Gout.*—Excellent results attend the massage and electro-vapor bath treatment in gout. Accepting the suboxidation theory as the cause of gout this can be

accounted for. The food instead of being oxidized thoroughly stops short in the process and gives rise to certain comparatively insoluble by-products that accumulate in the blood and set up the train of symptoms known as gout. Such cases suffer from dyspepsia and neuralgia. The perspiration resulting from the bath drives off the suboxidized products; the massage oxidizes the food; and the combination of electricity, vapor, and massage cures the dyspeptic condition and neuralgia, and greatly improves the general health. Gouty patients, by placing themselves under this treatment, can be kept in a comfortable condition for years.

*Bright's Disease.*—Massage and the electro-vapor bath produce some wonderful results in the treatment of this disease. The treatment promotes absorption and improves the circulation, tones up the system, and relieves the kidneys by making the skin do the work of excretion. The method of procedure I adopt when called in to a case of uræmic vomiting or dropsy is to order dry cups to the back, followed by a course of massage and electro-vapor baths. The effect is magical; the nausea disappears immediately under the cupping, the headache likewise, and after a few baths the dropsy follows in the wake of the nausea and headache. And the anæmic condition is greatly improved by the treatment as well, so that the blood becomes richer, owing to the improvement in digestion.

*Dropsy* from heart troubles is also greatly improved by massage. Care should be taken in these cases when giving the bath, however, for high heat may not be well borne in heart disease.



*Insomnia.*—A treatment at night results in a good night's rest, and there are no disagreeable after-effects. As Graham says in relation to massage itself, and this applies even more to the combination of massage with the electro-vapor bath: "While it is being done, and often for hours afterward, the subjects are in a blissful state of repose; they feel as if they were enjoying a long rest, or as if they had returned from a refreshing vacation; quite frequently it makes optimists of them for the time being." If, now, they go to bed, a delightful night's rest is certain to follow.

*Anæmia.*—The use of massage and the electro-vapor bath will be found valuable in the treatment of this condition. By acting on the digestive system, by stimulating the nervous system, and by exercising the muscular system, the blood is fed with good material, at the same time cleared and purified, and the anæmic condition disappears. Iron may be used in addition to massage and the bath if desired.

*Headache.*—I am frequently called upon to treat headaches of various types, and I find massage and the electro-vapor baths act well in their cure. Headaches due to anæmia of the brain and to the very opposite condition, viz., congestion, yield readily to this treatment. In the latter I use massage of the neck. The relief is almost immediate in most cases. The same may be said regarding neuralgia and "sick" headaches.

*Neuralgia.*—*Sciatica*, *Lumbago*, facial neuralgia, all yield to the massage and bath treatment. The combination of massage and bath in the treatment of this class of affections will be found superior to either alone.

*Syphilis*.—In conjunction with constitutional treatment massage and the electro-vapor bath will be found very useful. It is to be used for the general debility in old cases, and will improve the general health wonderfully.

*Convalescence*.—In the convalescence of various acute and chronic diseases the massage and electro-vapor bath treatment will be found a valuable means of improving the general nutrition and hastening the period of recovery.

*Diseases of Women*.—A great many diseases peculiar to the female sex are rapidly improved under a course of massage and the electro-vapor bath. It is surprising how much good can be done in the treatment of some of these cases by improving the general health. Nature often comes to the rescue and the local trouble takes care of itself.

I have thus indicated some of the diseases that general massage and the electro-vapor bath will cure or relieve, yet I have said nothing about a large number of diseases in which the treatment can be used to advantage; neither have I spoken of the employment of local massage in joint affections or of the wonderful results often obtained in the treatment of some of these cases. I shall report cases illustrating all the points so briefly touched upon in general review in this article, from time to time, in the medical journals, so that the profession may know more of the actual results attending the treatment.













